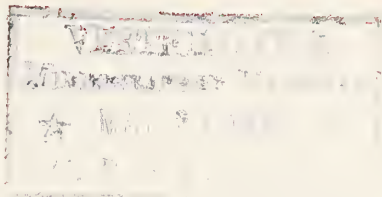


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No. 39



April 10, 1936

HONEY IS A

GOOD SWEET

Is honey good for children? Is honey more digestible than other sweets? Has honey any vitamins? How can honey be used in cooking in place of sugar or molasses? Can it be used in making preserves?

Honey costs more than sugar when bought at retail but many people like the flavor and keep it on hand. Others who keep bees naturally prefer to use honey whenever they can to save buying sugar. Many ask such questions as these on its food value and uses.

Honey, _____, says is a wholesome addition to the list of sweets which children may have and it may even be used in place of sugar as a modifier of milk for infants. It is assimilated easily because it is composed largely of simple sugars. These are chiefly fruit sugar (levulose) and grape sugar (dextrose). Honey contains only a small quantity of cane sugar (sucrose). Honey also contains small quantities of dextrin and gums and of such minerals as iron, calcium and phosphorus, though not enough to make it an important source of these minerals in the diet. It has no detectable vitamin value, according to studies of samples of white clover and buckwheat honey from different parts of the country, made by the U. S. Department of Agriculture bureau of home economics. Aromatic substances give honey their characteristic flavors.

Unless in a tightly sealed container, honey should be stored in a dry place. Otherwise it is likely to absorb moisture and ferment, as will any other sugar sirup. With few exceptions, all honeys crystallize on aging, but can be liquefied by warming the container in moderately hot water (not above 140° F.)

Uncooked honey is used as a spread, as a sweetening for fruits, beverages and cereals, in sandwich fillings, sauces and frozen desserts.

In cooking, honey may be substituted for sugar in preparing cinnamon toast, candied vegetables, salad dressings, baked ham, baked apples, custards, puddings and pies. It is often used also in quick breads, cakes and confections, but its special characteristics must be allowed for in these products.

Honey differs from sugar in its chemical composition and in the way it behaves when combined with other ingredients, and honeys differ from each other in this respect. Special recipes and directions are therefore necessary for cooking and making preserves with honey.

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